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# Institutional Feeding Managers Stewards-Chefs-Cooks

## ATTENTION PLEASE!

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### FEATURING THE VICTORY LUNCH FOR BETTER NUTRITION

In most industrial cafeterias one or more of the following types of service are available and the nutritional value of the meals can be determined somewhat by the type:

<u>Service</u>	<u>Nutritive Value</u>
<u>Victory Lunch</u>	<u>Good</u>
<u>A la Carte</u>	<u>May or may not be good</u>
<u>Snack Bar</u>	<u>Doubtful</u>

Some cafeterias may omit the Victory Lunch and some may omit the snack bar but practically all have an a la carte line.

Evaluating these three for good nutrition, we can award an "E" to the Victory Lunch. The employees who select this line will find a "ready-made meal" complete with meat or alternate, potato, vegetable, beverage, bread, and dessert. It is educational because it teaches them what a balanced meal consists of, and it will undoubtedly introduce new foods into their diet.

It has been found that the same people take the Victory Lunch day after day. There may be several reasons for this:

1. They are in a hurry and the "Victory" is more or less of a speed line.
2. They realize they are getting a "good buy" as the same variety in the a la carte line would cost more.
3. They want a balanced meal and are willing to have a trained person plan it for them.
4. Habit. They started taking the "Victory Special", found it good, and have continued.
5. They have found that the new foods they've been introduced to are "not at all bad" and realize they had formerly been missing a lot by limiting their diet.

The manager who checks the waste finds very little left on the plates, and that is another and also valid reason for instituting a Victory Lunch Service.

WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION

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The a la carte line may or may not represent good meals. We find that men, more than women, are apt to select good meals. This means that cafeterias catering largely to women, are more in need of a "Victory" lunch than those where men predominate. All of the items that go to make up a good meal are included on an a la carte line but many hasten past certain foods that would give stamina to their diet and pick out foods that have little "staying" quality. If the selection is poor day after day they may wonder why they tire so easily. Your perfect menu on the counter is of little purpose if the workers do not choose wisely. So in your place in the great enterprise of industrial feeding, you can do much to keep America on the job by guiding your patrons to well planned meals — the Victory Lunch type of service.

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### BRAISED LIVER

Servings	20	50	100
Liver	8 lbs.	20 lb.	40 lbs.
Fat Salt Pork	8 oz.	1-1/4 lbs.	2-1/2 lbs.
Carrots diced	1-1/4 lbs.	3 lbs.	6 lbs.
Onions diced	1-1/4 lbs.	3 lbs.	6 lbs.
Celery diced	1-1/4 lbs.	3 lbs.	6 lbs.
Peppercorns	2 tsp.	3 tbsps.	6 tbsps.
Cloves	1/2 tsp.	1 tbsps.	2
Bay leaves	1	3	6
Water	13 cups	2 gals.	4
Butter (or margarine)	6 oz.	1 lb.	2
Flour	4 oz.	10 oz.	1-1/4 lbs.

Wipe the liver with a clean, damp cloth. Remove outside skin and veins and parboil 20 minutes. Lard upper side with salt pork; put in deep pan with trimmings from lardoons; then add the remaining ingredients except flour and butter; cover closely and bake two hours in a slow oven, uncovering the last twenty minutes. Remove from pan, strain liquor, and thicken with the flour and shortening browned together. Slice liver and pour gravy over it immediately before serving.

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